

Play Smart Play Responsibly



Responsible Gambling Tips

- Gambling isn't a way to make money.
- Gamble only with money you can afford to lose.
- Set a money limit and stick to it.
- Set a time limit and stick to it.
- Don't use losses as a reason to change your limit.
- Don't gamble when you are depressed or upset.
- Balance gambling with other activities.

For more information visit
www.responsiblegambling.org
www.ncpgambling.org

Myth: If I keep gambling, my luck will change and I'll win back the money I've lost.

Reality: Every bet is independent of the previous one. Odds are no better on the fifth bet, tenth bet, or twentieth bet than on the first bet. Over time, the more you risk, the more you'll lose.



**Division of Behavior Health Services
Office of Alcohol and Drug Abuse
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305 S. Palm
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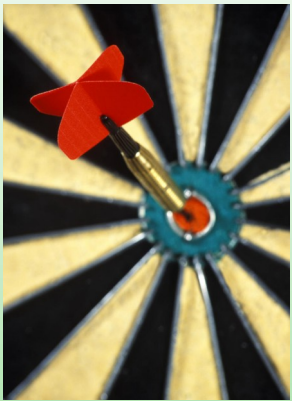
If you think you
may have a
gambling problem,
there is help
CALL

1-800-522-4700
The Gambling Helpline



Knowing When to Say “When” Keeps It Responsible

It's important to stay on “point” when taking a chance like gambling. Knowing when to say “when” and quit keeps it responsible. Games of chance have odds in the favor of the sponsor. More



money will come in to the lottery system than will be paid out. That's the point! The goal is to make money for college scholarships. It's not to finance the lives of the players. There are risks in-

involved in every bet, every ticket, and every chance taken.

If you or someone you know has a gambling problem, call the gambling helpline at 1-800-522-4700

Myth: There is a strategy to win. I pick certain numbers every time for the lottery.

Reality: The outcome of games of chance are random. You cannot influence it regardless of what you do. Betting the same numbers every week or different numbers still has the same odds of about 1 in 14 million based on a variety of factors which you cannot control.

Warning Signs

Gambling may be a problem if:

- Constantly thinking or talking about gambling.
- Spending more time and money than you can afford.
- Feeling lost or empty when not gambling.
- Gambling more to win back losses.
- Borrowing money, selling things, or considering or committing criminal acts to get money.
- Unpaid bills and financial trouble because of gambling.
- Needing increased size of bets or longer periods of gambling to get the same excitement.
- Gamble to relieve feelings of anxiety or depression.
- Irritability with everyday activity because of need to gamble.
- Hiding bills, past due notices, winnings, and losses.
- Neglecting family and household responsibilities. Neglecting work or school.
- Neglecting personal needs such as food, sleep, or hygiene.

It's Only a Game

While gambling can be entertaining, some people do get hooked just as they get hooked on alcohol or other substances. What starts as a dollar here or there can get out of hand. Because



they can't stop, these problem gamblers lose all their money and ruin their relation-

ships with friends and family. Some go so far as to have trouble with law enforcement.

Myth: I feel lucky today. I just know I'm going to win.

Reality: Hoping, wishing or even needing to win money has no influence on the outcome in a game of chance. Almost winning on the last wager does not mean a real win is in sight.

Gambling doesn't just happen with the lottery, in casinos or at the races. It includes the neighborhood poker game, dominoes, online games and anytime money or possessions are risked in hopes of getting a return on a chance.

Gambling Helpline: 1-800-522-4700